

# Short Well-Being Committee Agenda

## **Domain 1: Creating Optimal Work and Learning Environments**

### *Pillar 1 - Workplace Efficiency/Hindrance Job Demand Reduction*

- Review last meeting identified hindrance job demands
- What new hindrance job demands have been reported

### *Pillar 2 - Autonomy Support*

- Rotations
- Faculty
- Program Requirements, Policies, Procedures
- Where is more input needed?

### *Pillar 3 - Belonging Support*

#### Where is Belonging Thwarted?

- Rotations
- Individuals/Roles who feel othered
- Social events that exclude people?
- Mistreatment
- Faculty process of supporting belonging

#### Can we support belonging better?

- Emotional
  - Empathy, compassion, and understanding, especially for those with stress or negative emotions.
- Informational
  - Knowledge or facts needed for success
- Instrumental
  - Practical tangible assistance for success
- Appraisal
  - Information needed for self-evaluation, encouragement, or decision making

#### *Pillar 4 - Competence Support*

- Rotations
- Individuals
- Clinical situations, presentations, or procedures
- Scale best practices that support competence
- Opportunities for trainees to support competence with others
- Faculty practice of supporting growth and mastery

#### *Pillar 5 - Amplifying Meaning*

- Leader practices to amplify meaning
- Patient/families returning to present
- Positive Patient Experience comments from hospital
- Amplify “good saves” “optimal care outcomes” reviews
- What went well practice
- Mini-Fellowships

## Domain 2: Individual Factors and Mental Health & Stigma

### *Help Seeking Knowledge and Motivation*

- Knowledge of how to ask for help
- Reducing stigma

### *Supporting Mental Health*

- Topics for small group discussions?

### *Supporting Individual Level Well-being Initiatives*

- Diet/Nutrition
- Exercise
- Sunlight
- Circadian Rhythm management
- Social connection
- Exposure to nature
- Relaxation / Stress management
- Dental / medical care
- Family support / significant other support